

# DOCUMENT RESUME

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## ABSTRACT

Noting that today's short hospital stays leave almost no time for educating parents on caring for a newborn, this viewer's guide and videotape explore what to expect the first month after birth. The first part of the viewer's guide presents an overview of the videotape and suggestions for discussion and research in the context of a parenting class. The second part of the guide contains a posttest for after viewing the videotape. The videotape provides practical information on: (1) newborn's appearance; (2) breastfeeding; (3) formula feeding; (4) sleeping patterns; (5) crying and comforting, including symptoms of colic; (6) bathing, diapering, and dressing; (7) newborn health, including jaundice and immunizations; (8) and safety, including cribs, car seats, and toy selection. (HTH)

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## First Days Home



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## Keeping Your Baby Healthy & Happy

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**Study Guide**  
**First Days Home**  
Keeping Your Baby Healthy & Happy

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## Contents

This program contains a 37 minute videotape and this guide which owners may duplicate for classroom use only. Catalog Number 238.

## Overview

Today's short hospital stays leave almost no time for education on caring for a newborn. This flexible video shows what to expect in the exciting but sometimes traumatic first month after birth.

*First Days Home* is very specific yet can be used in the classroom to help future parents cushion the shock of the new and unfamiliar.

Note: Video includes infant nudity and breast feeding scenes.

Video guide includes:

- ◆ How a newborn looks (Viewers learn about apparently misshapen heads, crossed eyes, breathing through nose, and the prevalence of blue eyes.)
- ◆ Detailed instructions on how to breastfeed.
- ◆ How to burp a baby.
- ◆ Feeding with formula and getting dad involved.
- ◆ Newborn sleeping patterns and how to help a baby sleep.
- ◆ How to deal with crying, colic, and fussiness.
- ◆ How to comfort a newborn.
- ◆ How to give a newborn a bath.
- ◆ How to dress, and diaper a newborn.
- ◆ Jaundice in a newborn.
- ◆ Dealing with sickness -- when to call for help.
- ◆ The importance of immunizations.
- ◆ How to take a baby's temperature.
- ◆ Crib safety and preventing SIDS.
- ◆ How to choose and use an infant car seat.
- ◆ How to select safe toys for infants.

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## **Before Showing the video**

Have viewers list questions they have regarding caring for a newborn.

## **Suggestions for Discussion and Research**

### **Baby's Appearance**

1. What information about a newborn's appearance surprised you? Students may discuss:

*New born reflexes*

*Head slightly misshaped*

*Fontanelles are soft spots on head*

*Some appear cross-eyed; eye muscles not strong*

*Can see objects 8 -15 inches away*

*Prefer human faces*

*Most have blue eyes, color changes after few months*

*Breath thru noses, bellies rise and fall*

*Nasal passages may be swollen a few days*

*Swollen genitals and breasts*

2. Why should parents be aware of characteristics of a newborn's appearance? Will your baby's appearance affect how you feel about your child?

3. What would you do if you noticed that your newborn's eyes didn't seem to focus right? Does this mean the child has an eyesight problem?

4. Infants like to look at human faces. How can a parent nurture that preference? (*Hold, cuddle and smile at the baby.*)

5. What are the benefits of breast feeding? Suggest that a student research the current guidelines of the American Academy of Pediatrics regarding breast feeding. How long should a mother breast feed a baby?

6. How much should an infant eat at each feeding?
7. What would you do if you are breast feeding your baby and the baby eats for only five minutes and then falls asleep. People in your family advise that babies should be fed every three hours, but your baby wants to eat every two hours.
8. Discuss why most teen mothers choose bottle over breast feeding. *(Reasons include: embarrassment when feeding in public, need for sleep, and fear of loss of attractiveness.) If viewers are teen mothers who need encouragement to breast feed, the LaLeche League may provide support and information to these mothers.*
9. Interview a mother who is breast feeding a child while attending school or working. Summarize your interview. Ask how she overcomes embarrassment, need for sleep, and sore breasts. What is your feeling about breast feeding?
10. Have someone demonstrate the use of a breast pump. Show how to clean the pump and how to store the milk after collection.
11. When bottle feeding, why should the baby be held in the arms of the caregiver and never propped? *(Bottle-propping can cause ear infections and choking. The caregiver is not attuned to the needs of the baby when he or she is not holding the child while feeding.)*
12. Prepare a display of different types of infant formula. Have someone demonstrate how to mix the formula using appropriate sanitation, and heat it to proper temperature.
13. What can a parent do to help an infant stop crying?
  - ✿ Immediately go to him and make sure he sees you
  - ✿ Check clothing to adjust baby's temperature

- ✧ *Feed baby & burp baby*
- ✧ *Change baby's wet diapers*
- ✧ *Try to help baby find her fist to suck on*
- ✧ *Play soft music, dance with baby*
- ✧ *Hold baby close and breath slowly*
- ✧ *Talk to baby, cuddle and rock*
- ✧ *Some babies like feeling the vibration of a vacuum cleaner in the house*
- ✧ *Some babies will stop crying from the motion of a stroller or car*
- ✧ *Stroke and pat baby. Remember, never shake the baby!*

14. Check with the American Academy of Pediatrics regarding the schedule for well-baby check-ups. What are signs that warrant notifying the baby's health care provider?

16. Observe mothers, fathers and grandparents with babies to see how they make diapering, bathing and feeding a pleasant experience for the baby. How do they interact in a loving way with the child? How did the parents in the video demonstrate caring and love?

17. Prepare a report on diapering. Options for diapering include: cloth diapers, diaper service, disposable diapers. Research the advantages and disadvantages of each source. Talk with parents about which type of diaper they prefer and why. Compare the cost of each of the three options, the convenience of each, and the effect on the environment.

18. What do you need to have ready when **bathing** a baby? What safety issues should you consider? Practice bathing techniques on a doll.

19. Create a display of baby clothing. Visit a department store, discount store, and resale shop and price needed items.

## ***First Days Home Post Test***

**Write the correct letter for these definitions.**

1. \_\_\_\_\_ Yellow tint in baby's skin & whites of eyes
2. \_\_\_\_\_ Extreme fussiness
3. \_\_\_\_\_ Nutritious substance in breast milk
4. \_\_\_\_\_ Soft spot on head
5. \_\_\_\_\_ Infant's first stool

**A. Fontanelles  
C. Colic  
E. Jaundice**

**B. Colostrum  
D. Miconium**

**Mark if these statements are True or False.**

1. \_\_\_\_\_ Never microwave formula
2. \_\_\_\_\_ Too much hugging will spoil a baby.
3. \_\_\_\_\_ Don't use cotton swab on inside of baby's ears.
4. \_\_\_\_\_ Healthy babies sleep on backs.
5. \_\_\_\_\_ A car seat of an infant under 22 pounds  
faces back of car.
6. \_\_\_\_\_ It is safe to use a household baby carrier in  
a car.
7. \_\_\_\_\_ Pillows should not be in a crib.
8. \_\_\_\_\_ Burp an infant after she's had four ounces.
9. \_\_\_\_\_ Never take an infant's temperature by  
mouth.
10. \_\_\_\_\_ Newborns will easily sleep on a predictable  
schedule.

**Name the symptoms for which a parent should seek medical help for a baby.**

1

2

3

4

5

6

7

8

**Name two ways you can avoid accidents while bathing an infant.**

1

2

## ***First Days Home Post Test Answers***

**Write the correct letter for these definitions.**

1.   E        Yellow tint in baby's skin & whites of eyes
2.   C        Extreme fussiness
3.   B        Nutritious substance in breast milk
4.   A        Soft spot on head
5.   D        Infant's first stool

**A. Fontanelles**

**B. Colostrum**

**C. Colic**

**D. Miconium**

**E. Jaundice**

**Mark if these statements are True or False.**

1.   T        Never microwave formula
2.   F        Too much hugging will spoil a baby.
3.   T        Don't use cotton swab on inside of baby's ears
4.   T        Healthy babies sleep on backs
5.   T        A car seat of an infant under 22 pounds  
faces back of car.
6.   F        It is safe to use a household baby carrier in car.
7.   T        Pillows should not be in a crib.
8.   T        Burp an infant after she's had four ounces
9.   T        Never take an infant's temperature by  
mouth.
10.   F        Newborns will easily sleep on a predictable schedule

**Name the symptoms for which a parent should seek medical help for a baby.**

- 1 Temperature over 100.4 or below 98 degrees
- 2 Breathing changes
- 3 Baby vomiting
- 4 Yellow skin
- 5 Refuses two or more feedings
- 6 Watery diarrhea 3-4 times
- 7 Fails to urinate for 8 hrs
- 8 Difficult to wake up

**Name two ways you can avoid accidents while bathing an infant.**

- 1 Never leave newborn alone around water
- 2 Always test temperature of water on wrist before putting baby in it.

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